

MEDITATIONS

NOTEBOOK 28 I

~~DREAM RECALL SET #3~~

WRITINGS

36

H₂₈₁

H₃₆



Writings

16 November 1991

thru 11 December 1991

Meditations of A Hermit
Book 28 I

Writings

3 January 1993

thru 12 February

first attempt to transcend
the "title/book" rut

: K P P : F R C : X P H : + 1 2 : 5 R



SN247640
SN258958

WRITINGS

$0 = \infty : \Delta$



Δ F R C X P H + 1 2 J

2251

: $\Phi P_0 X$:

M M
3

Depression is present beneath the skin mask of contented sobriety, a twilight zone nightmarish psychological alienation pulsates in my veins and sinews. I never thought this is how life would be. Depressed during the work week, anxious for the weekend... depressed during the weekend, anxious for release from existence itself.

The oblivion of alcohol was no solution.

Suicide is no solution. Maybe Naughtism - my belief that nonexistence is preferable to existence - is a solution. Maybe just my acceptance of this pessimistic theory is enough to enable me to endure each day until the end.

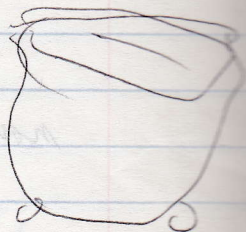
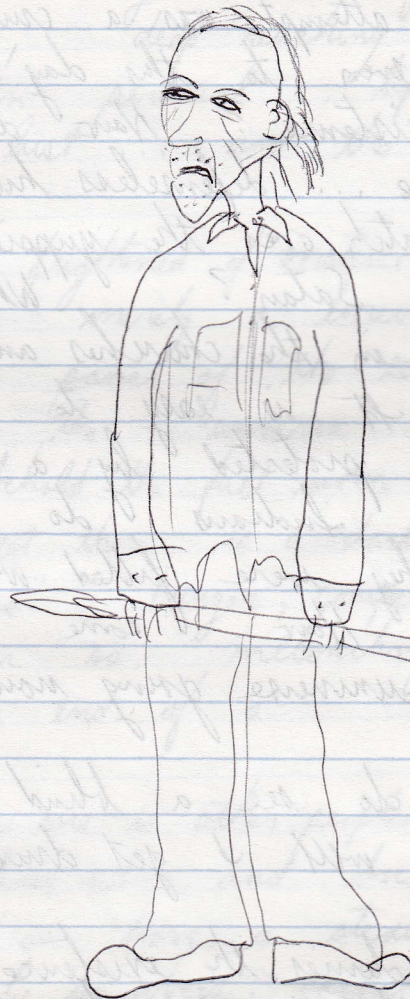
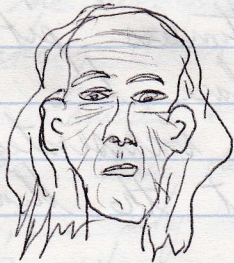
Tobacco and coffee are my drugs today, but I reach a point when I must face the reality of existence, suffering.

A "friend" in AA told me all this philosophic confusion is MY PROBLEM.

Is it any consolation to realize this is not just my problem, but the universal problem of existence?

The time has come to stop arguing for pessimism over optimism and be content knowing that at least I am prepared to accept the true nature of existence while the optimists will be sorely disappointed.

2256
I wouldn't even know how to end it all.
I get hungry so I eat food. How could
I violently stop my breath?



2258

: Φ H₀ R :

X₃ Λ

Notes from memo pad that I carry at work:

① Paradox: college educated supposedly more intelligent than day laborers. How come most college educated have no inclination to study philosophy? How come this day laborer is obsessed with Wisdom?

One need not have a PhD to study philosophical doctrines.

② Does it matter if people think one stupider than one actually is?

It is ridiculous to preach the doctrine of Arthur Schopenhauer. It would be rejected as quickly as the Sail Wabers of the world mock the eccentric, melancholy lone wolf.

Must one remain silent, lurking deep within, beneath the mask? These secrets are incommunicable and against the grain. One must not try to save the world, as it is difficult enough to release ones individual spirit from the penal colony of existence.

As the Buddha said,

THIS CANNOT BE TAUGHT!

③ My life is strange, but I do find relief in the sanctuary of my personal quarters with my bibliotheca and notebooks. I am a madman/saint.

* My sister encourages me... one of the few people in this world that honestly understands the nature of my search for nothingness/nirvana.

④ I need to be alone early in the morning, lest I growl or agonize over the universal wretchedness of existence!

- with the State Park job, I am very often left alone to work or sneak down time.

This helps take the edge off.

⑤ AA brainwashes, but I only want to be brainwashed enough every few days to keep me from ingesting alcohol into my neurological system.

Brainwashed gratitude nauseates me. I need some brainwashing to keep me out of jails, asylums, and suicide, but as for all the preaching and "dogma", it nauseates me.

I don't want to argue anymore about the steps or the AA principles... I will find a place in my mind and slam the door. I can't convert anyone else over to my pessimism or atheism, so I will detach.

⑥ I am an introverted, depressive, melancholy lunatic - but, alas, I am also on the path to salvation from this world... without god... but merely by "giving up".

he had enough, after many times through the cycle of reincarnations, he couldn't take anymore... hence, nirvana.

⑦ Just get used to the depression, the sadness, the gloom. It comes from seeing the true nature of existence: THINGS AS THEY REALLY ARE

2259

: $\Phi H_0 < :$ $\times_3 \uparrow$

SUICIDAL NIHILISM is the atheistic philosophic rebellion against existence. I had referred earlier to this as Naughtism, but chose a more universal term, nihilism.

The "suicidal" aspect of my nihilistic philosophy is not to be confused with the violent destruction of one's organism-body (although this is always an option but not a complete denial of the will to live).

"Suicidal" merely implies NEGATION, Buddhistic negation of the will to live in order to attain NIRVANIC NIHIILITY, nothingness, release from the cycle of reincarnation, desire, and suffering.

Another reason I choose "suicidal" is because my path is not a priestly, monastic one, but more of a confused, spontaneous undisciplined negation. It is my response to existence.

I do not know how many lifetimes my spirit mind has gone through, but I feel as though I am ready to "give up".

This is not an impulsive response, like actual suicide; but a gradual WITHDRAWING from wanting to experience existence.

Nonexistence is preferable to the penal colony of existence, hence "SUICIDAL NIHILISM" is a philosophy/religion of PESSIMISM

a few words from Schopenhauer, Pessimists Handbook Pt 2
page 675 - 677.

" For while a man cannot reckon with certainty upon anyone but himself, the burdens and disadvantages, the dangers and annoyances, which arise from having to do with others, are not only countless but unavoidable.

" There is no more mistaken path to happiness than worldliness, revelry, high life: for the whole object of it is to transform our miserable existence into a succession of joys, delights and pleasures, - a process which cannot fail to result in disappointment and delusion; or, a par, in this respect, with its obligato accompaniment, the interchange of lies.

" All society necessarily involves, as the first condition of its existence, mutual accommodation and restraint upon the part of its members. This means that the larger it is, the more insipid will be its tone. A man can be himself only so long as he is alone; and if he does not love solitude, he will not love freedom; for it is only when he is alone that he is really free. Constraint is always present in society, like a companion of whom there is no riddance, and in proportion to the greatness of a man's individuality, it will be hard for him to bear the sacrifices which all intercourse with others demands.

Solitude will be welcomed or endured or avoided, according as a man's personal value is large or small, - of the wretch feeling, when he is alone, the whole burden of his misery; the great intellect

delighting in its greatness; and everyone, in short,
being just what he is.


"Further, if a man stands high in Nature's lists, it is natural and inevitable that he should feel solitary. It will be an advantage to him if his surroundings do not interfere with this feeling; for if he has to see a great deal of other people who are not of like character with himself, they will exercise a disturbing influence upon him, adverse to his peace of mind; they will rob him, in fact, of himself, and give him nothing to compensate for the loss.

"Withdraw from society, where, as soon as it is at all numerous, vulgarity reigns supreme.

"Personal merit has to beg pardon for being present, or else conceal itself altogether.

Intellectual superiority offends by its very existence, without any desire to do so.

"The worst of what is called good society is that it compels us, for the sake of harmony, to shrivel up, or even alter our shape altogether."

NOTE: It is obvious that when I get beyond taking notes on The Fourfold Root of the Principle of Sufficient Reason, I will probably abandon "NOTES ON BOOKS" and change its title completely to: SCHOPENHAUER DISCIPLE
symbol: : "the dweller on the threshold of the mind"

2268

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X₃ <

Give me the hemlock. I admit my weakness, my aversion to life. Let the strong keep this existence, I prefer non existence.

I cannot help but believe that even the so called "strong", the Dionysian, even they are merely fooling themselves. Deep down in the hidden regions of their minds, in the depths of dark realms beyond the automatic will to live, existence must at some times appear as a nightmare.

If it is not the horror of the freezing cold to the homeless, than it is the swarm of rats on a garbage pile. If it is not the fear of the brutal when one is encapsulated in complicated artifice, then it is the agonizing realization of the vanity of existence.

I am sick. Too sick to work. It is a coincidence that this flu overtook my body just as I began to slip deeper into SUICIDAL NIHILISM.

What is it that connects me to the universe? Why do I find respect for my spirit and mind while writing my thoughts in my diary, and yet the fellow human beings at work cause me to feel so inferior, like a sucker, fool, dumb dog... am I just one of the sheep? Is there comfort and consolation in realizing exactly what I am?

2269

$$X_3 \uparrow$$

What is it about this concept of "weakness"? There is something about it that somehow loosens the grip of depression. We all are weak, and yet I feel even more so, even more fragile and weak ... a sheep ... one of the many sheep.

When one of the sheep begins to get subversive thoughts, ~~where~~ a sheep goes beyond sadness and becomes utterly defiant, what happens?

He is called "sick".

The sheep who tries to defy the powers above that corall him, he is ridiculous.

He needs those powers just in order to exist.
Even the dogs (prison guards, cops, military) cannot
defy the GIANT.

And yet there is an unfathomable thing in itself which is prior to individuals and the Giant. It is EXISTENCE ITSELF, the BEING IN ITSELF ... that is what the mind is connected to, that is the source of our hunger and pain and pleasure.

The only PATH the sheep or weak dog could take in order to ESCAPE from the penal colony of existence would be : nihilistic negation of existence, the will to Nothingness ... this is the final solution ; not GENOCIDAL, but SUICIDAL ... directed within... (DECIDE)

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2271

0555
X₃ Y

Even though I have a conscious will to nothingness, there is an automatic will to live which heals wounds and finds food, it keeps itself alive. I am merely a passenger... the parasitical brain along for the ride.

This sheeplike slave is getting lozier. I really wish for the end. I want nothingness.

Rereading recent entries I am beginning to realize just how insane I really am.

And yet I somehow feel elevated beyond the social hierarchy. Even though I am an atheist, I often feel like a Jesus Christ.

The only way to endure this depression, this intense pessimism is to enter a "TWILIGHT ZONE" isolation within the mind. I will feel the chains slip away...

91.349 TU 10 DEC p.56 → 60 e 266 → 269

2277

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~~X~~₃ ↑

The insanity between my ears! I wake up angry. AA suggests prayers in the morning. How about a couple pain killers and a quick mug of coffee!

Coffee and tobacco will do me good. I can't even think of a Creator of this wretched existence until at least a couple pancakes are in my belly.

all Hail HONESTY.

Glow be to HE WHO BREAKS OUT OF THE TRAP. The mental traps... even AA people want to brainwash and control with the worn out concept of God as a Higher Power. It NAUSIATES me.

I must transcend resentment and just keep doubting and thinking and reading and writing... NEVER will I allow those who are already brainwashed get me angry when I defend my free mind.

It is vital that I retain my atheism. I shall see for myself.

P.S. This is my mind and my life. Believe what you want!

1. F.

2279

X₃ W

I am smoking so many cigarettes that I am developing a cough, getting headaches, losing sleep.

I am sick of hearing about God at AA meetings and I am sick of myself.
I am my problem.

I don't want to meet a girl for fear of procreating and being trapped in a duty to raise a new life form. It would then be trapped in the same condition I find myself in.

I want to die, but I don't want to get drunk because I am afraid of how bad life can get for a drunken suicidal nihilist.

I will stick with coffee and cigarettes. I will try not to get angry with "normal folks" who are happy with life.

I must defend my atheism.

I will get lost in philosophy and be grateful for house and car.

I am not normal. I am not healthy. I am one of the sick ones... don't save me.
DON'T CURE ME,

1. R:

2280

X₃ X

I continued reading Ecce Homo, Nietzsche's autobiographical reflection on his life and works... I have to stop for the night. This being the last of the nine books by Nietzsche that I have been reading since September. It is all too clear to me where I stand.

Although both Nietzsche and Schopenhauer are philosophers, although they are both atheists, they are opposites. It is perplexing that Nietzsche could have been so inspired by Schopenhauer's "The World As Will and Representation" and then go south when Nietzsche Schopenhauer was clearly north.

It is all too clear to me that I am SCHOPENHAUERIAN and not at all in favor of Nietzsche's Dionysian doctrine of strength and will to power.

I admit I am weak. I am pessimistic, nihilistic, and ultimately hostile towards life.

I only continue to read Ecce Homo so as to be done with it. I doubt I will pick up Nietzsche again unless to reflect upon noble morality vs slave morality.

Judaism, Nietzsche, optimism, affirmation, existence
VERSUS

Buddhism, Schopenhauer, pessimism, nihilism, nothingness

I am not at all converted by reading Nietzsche.
It clears up a lot of doubts. I know
who I am and what I am.

HENTRICH IS A DISCIPLE OF SCHOPENHAUER.

Oh, Nietzsche is an atheist alright; and I
harbor no resentment against him.

In fact, I accept his accusation that
pessimism, the philosophy of Schopenhauer,
is a philosophy for the weak.

The thing that Nietzsche does not understand
is that it is precisely the most
honest reaction to existence.

There is no pride, merely the will
to the path of least suffering possible.

I do not lie.

To anyone after me I say unto thee:

By all means read Nietzsche; but read
Schopenhauer before reading Nietzsche.

Then go back and read Schopenhauer again.

Compare Schopenhauer's philosophy, Nietzsche's philosophy,
and your own true reaction to
existence. You are either a Yes or a No.

I am clearly a NO; I am with Schopenhauer 100%!

91.345 W11 DEC p. 61-762 e270-7272

I. < : $\phi 33$ Nietzsche 17 Ecce Homo Memo #1
N. ϕ p. 52 WIWSGB - Bot. sect. 2

I. X : $\phi 34$ INTERLUDES MEMO 1
Bufo Memo #1
AA Cult or Cure? memo 1
P. ϕ p. 1

2281

I. P :

~~X~~₃ F

2020

A major breakthrough: on my way home from work, after getting a \$66.00 speeding ticket, I stopped at the library to look for some information on (1) Nihilism (2) suicide (3) depression (4) insomnia.

One of the books I came across is:

ALCOHOLICS ANONYMOUS: CULT OR CURE?
by Charles Bufo

I instantly ordered a copy along with another Bufo book called The Heretics Handbook of Quotations.

I am taking a break from Nietzsche's Ecce Homo to take notes on Bufo's theories. I will begin a new heading under Books From Bibliotheca ϕ — "INTERLUDES".

2
2120

Now I realize why I need to keep a diary.
Only a few hours at home to get a
grip on the links in chains of thought...

An eerie omen:

Today is December 11, 1991... I did not plan
on finding AA Cure or Cult? when I went
to the library. I did not even know
of its existence, and yet it is an incredible
breakthrough, one which has been
building up for over a year.

The omen:

"On December 11, 1934, Wilson's (founder of AA)
drinking came to a screeching halt."

I cannot write at length the great feeling of
"coming alive" I feel at this moment.

I feel a desire to stay sober even without
the Alcoholics Anonymous Movement...

... as a lone atheist...

and yet... are ~~the~~ other people deadevened
by some unfathomable psychic power...
"brainwashed".

For the time being, until I can clearly
think this through, I will for once
remain quiet about this.
No need for quick action... This is heavy stuff.

91.347 F 13 DEC p.1 > 2 e 273 > 274

1347

2282

I.H.

~~W~~₃N

Notice Pp. 62e 272₂ : about the discoveries found in Charles Bufe's book : about how I was to "for once remain quiet about this".

The next day at work I had a long rap session with Bob Trach and A. Simone about AA and my rejection of it's religiosity. I also had a long discussion with Al G. and Ant later that day. That night I argued with Brad about it; then I saw big John from the clubhouse at the Farmingdale meeting — and I "pissed all over his suggestion to try another 4th step". I told him that the steps were POISON. I kept arguing that I was not getting ready to get drunk; I was getting ready to stay sober without AA steps or meetings or HP concept.

The point is, I could not keep this to myself even if I wanted to — which I did want to. This arguing is part of the process of discovering a way to remain sober without "giving myself completely to AA's program".

2288

: 1 Y :

X₃P

1348.3

I ordered Bufe's book "AA Cult or Cure?" and it should be here sometime in January. In it I have some support as he explains the loneliness one is apt to face when one rejects AA and is left alone with no support group whatsoever.

I am crying, experiencing suicidal thoughts and feelings of helplessness. At least I am living in my mother's basement, with a car, and a job with the State Park. I am secure and as safe as possible. In jail I am not safe.

I am humbled by my awareness of my weakness. If I had to choose between AA meetings every day or returning to jail, I would ofcourse ~~not~~ go to the meetings; but I don't see my choices being that dramatic anymore. I need only keep away from the first drink and keep a level head each day at work.

after work I can read anything I want to.

Until I get more information on the alternatives to AA, I will go Monday and Saturday.

I like alot of folks in AA, but I have to face my inner self and the lonely aspect of my existence. If I am a HERMIT, so be it.

1991.12.29

I have come to understand I have an unpleasant nature. I dislike people. I am anti-social. It may be a heightened intelligence that prevents me from socializing. I seem to get very bitter when around others.

This may be why I do not enjoy AA meetings, and yet I crave the support of like minded individuals.

I need to skim over Bufo's AA: Cult or Cure? because I left the one AA meeting (per week that I attend) bitter and frustrated.

I am not like most people. I feel I am eccentric and hyper sensitive, a non-conformist, a rebel, an atheist.

How can an atheist be content in Alcoholics Anonymous with "God" mentioned in steps 2, 3, 5, 6, 7, 11, and 12?

The whole purpose of the Big Book is to get people to rely on God...

It has taken more than 4 years for me to get to this point, and I will not give up or get drunk. I feel very close to a breakthrough.

Session 2326

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2007.3

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Everything constantly changes... and yet, what stays the same? Something Within is the same... a presence of some kind... This is a journey... it is like Tom Sandle said, "We are all just passin' through..."

I have to trust that INNER PRESENCE... I must not perceive the world in detail, but in a universal perspective: as a MIND IN A UNIVERSE...



... just passin' through...

all is transitory

think of Grandfather... that is how life is... all is MEMORY... The NOW is a MEMORY...

Allison and Baron and Grandpa and even everyone else is just a memory... all is transitory... nothing permanent... I am SENSORY RECEPTORS my cerebral organ is a neurological transmitter.

I am disgusted with ^(ALCH. ANOM) AA meetings because one must Keep It Stupid.

I am not interested in "American Atheists" because they are an organization. I am a HERMIT.

7/4
PSES March
2009.2
Session 2328

X3X

Little Joe was humiliated by his 4th grade Teacher, Mrs. Velmar (the once was "Miss Reader") from Applegate School.

Tami and Joe went to Applegate and fought with teachers and principal threatening to press charges as Mrs. Velmar shook Joe violently.

Tami has some deep resentments against "THE SYSTEM" and she hates to see little Joey abused by authorities that once abused us. See it through the child's eyes!

I arranged with them to view "Pink Floyd's The Wall" Friday. I am sure this film will bring out the essence of this little crisis Joey has experienced.

Images of the sweat lodge - and the book The Education of Little Tree. I hope Joey realizes that we are all passing through this world, not to take the "authorities representing the Establishment" too personally.

It is scary how we all face the systems alone. When one causes "waves", they immediately suggest psychiatric evaluations!

1992.011

SESSION 2332

11 January
Entry 324

K R
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I have reached a point in the ebbing and flowing of time, a point I reach quite frequently, where all the monotony of daily existence becomes so dreary as to see NO WAY OUT - no way to begin again, to start anew, to see with NEW EYES.

The only way to break through this barrier of monotony, to get out of the rut, is by altering the interior realms - MIND. And is this not reminiscent of the concept of "mind altering chemicals"?

Yes, I once enjoyed playing the mad scientist, adding chemicals to my cerebral organ to alter reality.

There is a genetic structure in me that leaves me powerless over mind altering chemicals: cellular addiction.

I have achieved sobriety with the help of a support network known as Alcoholics Anonymous, but after being sober nearly five years, the religious dogma behind the principles of AA have been challenged by my intellect; my intelligence has been slowly analysing, THINKING, and rejecting the 12 steps and the "higher power".

On pages 67 and 68, the symbol of the spiral will represent a point in time when I feel the need to CHANGE, but not with mind altering drugs, my MENTAL STATE.

I want to develop, deepen, and expand my mental state. I hope to get a CLEAR PERCEPTION OF REALITY and to get the sensation of RENEWAL.

I also hope to achieve release from a dreary, monotonous condition known as boredom... and to continue to walk the path of least suffering possible.

How will I achieve this renewal, this clear perception of reality?

I long for the freedom to be alone in solitude without boredom. I long to be able to transcend the monotonous enslavement - but through Mental Freedom.

In other words, to continue to follow the demands of an organism colonized by a societal system, and yet to escape the BOREDOM and DREARINESS by developing mental awareness to the point of continuous renewal and a deeper perception of reality.

First one must "mentally escape" mental enslavement.

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2334
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2334

K4

510.5991

I stayed in bed, under blankets, until 11 am this morning. Thoughts about my latest arguments with Brad ran through my weary brain. I really hope that this Rational Recovery meeting allows me to (1) give the coffee job back to Roy (2) get a new secretary for the same meeting (3) break away from AA altogether.

This would be my final break from AA, as I only attend one meeting per week. What has kept me there these past few months is the secretary job and coffee making job.

I will go to RR Monday, announce my decision next Saturday, and then on Saturday the 25th of January I will just dump the coffee job on Roy and give the secretary job to Joan...

I am finished with AA.

By February 11, 1992 my 25th birthday, I hope to be (1) STATIONED IN FREEHOLD at Monmouth Battlefield State Park (2) attending one RR meeting per week in Lincolnton (3) free from AA meetings.

Then I will concentrate on CAMUS, SARTRE, SCHOPENHAUER, etc...

1992-013

13 January

Entry 332 : 333

SESSION 2339

10/11

4

I attending my first RR meeting (Rational Recovery).
I ordered in the mail "The Small Book" which
does some healthy AA bashing.

I called Roy to inform him that this coming
saturday - the 18th - I will announce that I
am resigning as secretary/coffee maker for
the Freehold Awareness Group as I have
discovered a Rational Recovery Group in Lincroft.
I will ask them to select a new secretary
and I will make the coffee Saturday the 25th,
but after that I want to be free
of all commitments to AA.
I am not burning any bridges, I am
sure I will be dropping in frequently
for fellowship with sober alcoholics,
but I am wearing myself off AA.

I feel RR will be more compatible with
my philosophic interests and my
intellectual integrity will not be repressed
by AA's anti intellectual dogma.

1992. 019

19 January

Entry 341: 348

PHES Session 2348

K M
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K₀R

There is a full moon out. Tonight I made an announcement at the Awareness Group (the only AA meeting per week I have been attending for the past month or so): (1) about the left over "Big Books" from the Friday night meeting (2) about my resigning as secretary and coffee maker as of next week.

I explained that I have been uncomfortable with AA for the past year or so, that I have been reading about alternatives to AA, that I found a "Rational Recovery" group in Lincroft, and that I would be detaching from AA to experiment with an alternative route to recovery.

Although Brad must have been taken aback and Claude may be worried about me, I am relieved that there is another way to stay sober besides 12 steps, higher power, sponsors, and endless AA meetings.

To me, this is a time of growth and a great victory for intellectual honesty and integrity.

SESSION 2369

I would not deny that I am a madman. Madness is an intimate quality of my mental life. Dependence is the condition of our species.

The individual depends upon society; without it, we would not exist.

Our language and clothing, our food and our shelter, all from society.

And yet we are able to rebel against metaphysical dogma and ways of life.

I confess my own madness in the privacy of my diary because I am intellectually honest within the skull.

I bear witness to my madness: While I consciously tell others that I am a philosopher who wishes to attain nothingness by detaching from sex impulse, and while I am being honest - I do not want to marry and procreate because I feel bringing life into life is to just to make the chains locking me to existence even stronger - I still find myself masturbating and experiencing awe at the indescribable PLEASURE and SATISFACTION of the climax of orgasm; and yet when it is done, the intellect becomes confused. Is the intellect powerless over the sexual impulse?